WINTER WAL

Saturday, January 26, 10 a.m. - Noon

Winter Walk is a **FREE** annual event held in the Walnut Creek Linear Park that promotes physical activity and a healthy life style. Participants are encouraged to run, jog, walk or bike the Walnut Creek Linear Park. This year the route will begin at Rose Park and end at Town Park with FREE activities and snacks. Dogs on leashes and strollers welcome.

Start: 10 a.m. at Katherine Rose Memorial Park

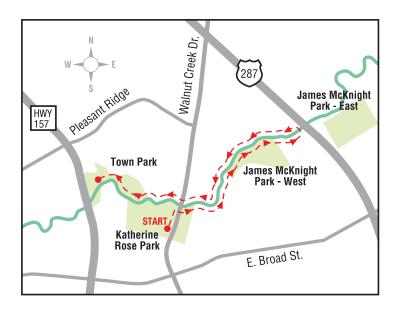
End: Town Park **Free Activities:**

- Blood pressure checks
- Healthy Lifestyle vendors
- Pet toy giveaways
- 5-minute massages
- Healthy snacks and drinks
- MISD student nutrition program
- Children's entertainment

First 100 participants will receive a FREE gift.



CookChildren's.



Please contact the Mansfield Activities Center for more information at 817-453-5420.

Thanks to our sponsors!























